

**I CLAIM:**

1. A yoga balance trainer comprising:

5 a main frame including a bottom board, a top board opposite to said bottom board, and a spring unit connected between said bottom and top boards so as to permit movement of said top board relative to said bottom board; and

10 a seat assembly mounted on said top board, said seat assembly including a supporting leg frame secured to said top board, and a seat secured to said supporting leg frame,

whereby when the user sits on said seat assembly and moves to and fro, said top board moves relative to said bottom board.

15 2. The yoga balance trainer as claimed in Claim 1, wherein said supporting leg frame includes a pair of front support legs connected to said top board proximate to a front end of said top board, and a pair of rear support legs opposite to said front support legs and connected to said top board proximate to a rear end of said top board.

20 3. The yoga balance trainer as claimed in Claim 2, wherein said supporting leg frame further includes a top connecting bar, said front support legs extending upwardly and rearwardly from said top board, said rear support legs extending upwardly and frontwardly from said top board, said top connecting bar being connected

to top ends of said front and rear support legs, said seat being disposed on said top connecting bar.

4. The yoga balance trainer as claimed in Claim 3, wherein said seat assembly further includes a foot support frame  
5 connected to said supporting leg frame.

5. The yoga balance trainer as claimed in Claim 4, wherein said foot support frame includes a connecting plate connected between said front support legs on said top board, and a foot support connected to said connecting  
10 plate and extending upwardly and forwardly from said connecting plate.

6. The yoga balance trainer as claimed in Claim 2, wherein said seat assembly further includes a handle unit connected to a top portion of said supporting leg frame.

7. The yoga balance trainer as claimed in Claim 1, further comprising a base support connected to said main frame, and an auxiliary holding unit connected to said base support, said base support including a plurality of spaced-apart positioning tubes connected to said bottom  
20 board, said auxiliary holding unit including a plurality of holding members which are flexible and which are fastened detachably and respectively to said positioning tubes.

8. The yoga balance trainer as claimed in Claim 7, wherein  
25 each of said positioning tubes is provided with a first fastening unit, each of said holding members having a connecting end provided with a second fastening unit

for connection to said first fastening unit.

9. The yoga balance trainer as claimed in Claim 8, wherein  
one of said first and second fastening units is a hook  
fastener, and the other one of said first and second  
5 fastening units is a loop fastener.